

LONDON metro



THE KEY TO FALL STYLING?

KEEP IT SIMPLE. SMART JEANS, A CRISP WHITE SHIRT AND A FEW WELL-CHOSEN ACCESSORIES WILL SEE YOU THROUGH THAT AWKWARD SEASON CHANGE

PAGE 13

Local heroes get their due

Some of London's most passionate volunteers are in the running for a Pillar Community award

PAGE 2

Outrage

The world reels in shock as heartbreaking images emerge of hundreds of victims, many of them children, of an apparent nerve-gas attack in Syria

PAGE 3

The high price of health

A growing number of Canadians are travelling out-of-province for specialized care, and paying a steep price

PAGES 4 & 5

Friday's Jackpot



Blackfriars Bridge closed indefinitely

Expect some disruption. Pedestrians barred amid corrosion concerns



MIKE DONACHIE

mike.donachie@metronews.ca

An emergency closure order has been slapped on Blackfriars Bridge.

The city acted fast on Wednesday after it became clear the aging structure was suffering the effects of corrosion. It was already closed to traffic but the new order means pedestrians are barred, too, meaning nearby residents walking downtown face a long hike. The damage is being assessed and it will be weeks before a decision is taken on what to do.

Doug MacRae, a division manager in the city's roads department, said the corrosion in some spots is "quite concerning."

Blackfriars Bridge

- It's been spanning the Thames River since 1875.
- It's described as the longest working bridge of its kind in North America, at 68.6 metres.
- The wrought-iron structure, for those who know about bridges, is a bowstring truss.
- It had been due to reopen on Aug. 30, but that definitely won't happen now.

"It's an old bridge. It's 138 years old," MacRae said. "We have a detailed structural inspection underway to get a handle on the condition of the bridge. A number of deficiencies were identified. In the interests of public safety it's necessary to close the bridge

until repairs can take place."

He confirmed the pedestrian ban would continue indefinitely. "The deterioration on this bridge has reached a point where, based on what we know, it's necessary to close it. It's precautionary."

The future of the bridge and the cost of repairing it have not been determined. City staff will investigate and prepare a report for councilors, but that won't be ready until next month.

Coun. Joni Baechler spoke up for residents in the area and beyond, saying the closure could cause some disruption.

"It's a significant heritage landmark in the city," she said, "but it's also an important connecting linkage for individuals who live in the west end of the city and are going to the downtown."

She said Blackfriars Bridge carries plenty of traffic, which, while it is closed, will be forced onto other routes, mainly Oxford Street and Riverside Drive.



NUMBER-ONE FAN

Caelyn Fay, 5, was part of the crowd meeting sports heroes at Budweiser Gardens on Wednesday. He was in the line for the London Knights' autograph session, loving the chance to swap a few words with the players. More photos at metronews.ca. Read Dave Langford on the Knights on page 18. MIKE DONACHIE/METRO



A Taste of Italy in
Downtown London!
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11 am - midnight, Sun. to 11 pm



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Pillars of our community

London's best volunteers line up for award nominations. Winners will be announced at a gala at the London Convention Centre Nov. 19.

STORY AND PHOTOS BY SCOTT TAYLOR/METRO

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Pillar Community Innovation Awards

Government budget-slashing led to cutbacks in some social services. That's why it's so important for non-profits and their staff to become even more active.

That was one of the key messages as the finalists for the seventh Pillar Community Innovation Awards were announced Wednesday in London. The awards highlight non-profits, charities, businesses, public organizations and people who work together to make the community better. Here are few of the finalists:

Campaign co-chairs



"It's a worthy organization in that they're pooling and collaborating with all ... kinds of people and supporting all kinds of worthy work in the community."

Paul Caplan, who is award co-chair, along with Sandi Caplan

North East London Community Engagement

"NELCE is a group of about 60 very passionate volunteers who are residents of Northeast London, with some members at large, who live on the boundaries. We take a very pro-active approach to community development and neighbourhood improvement."

NELCE runs a cooking program, in which meals are made within a budget of \$3 per person. Everything is cooked and eaten in the same place



Jacqueline Fraser, chair

and family members are encouraged to enjoy the finished product.

There are also weekly card games and crafts at the London Intercommunity Health Centre for people who are isolated and face barriers, such as language, socialization and mental-health issues.

A community group for men will begin soon as well.

London Crisis Pregnancy Centre

"Being in an unplanned pregnancy gives you a feeling of hopelessness, so our whole aim is to give them back the hope they need. That means walking them through intervention, the whole idea of what are their options, what are they going to do."

CPC is a non-profit, non-political, charitable organization, funded solely by donations from individuals, businesses and churches.

They teach their clients



Linda Suchard, client services director

everything there is to know about raising a baby — including those with disabilities. They also train girls in CPR, offer much-needed family counselling and network mothers and their families to services that can help, among many other programs offered.

Project Play

"Sept. 22 is Project Play, the second-annual gaming event. Last year, we brought over 400 people together and raised over \$5,000 that immediately went back into the community in the form of gaming equipment and gaming supplies."

Organizations Project Play supported last year include Merrymount Family Support and Crisis Centre, Woman's Rural Resource Centre of Strathroy and Area and Women's Community House.



Founder Mathew Hoy and organizer Greg Picken

This year, they're looking forward to a larger event at Fanshawe College, where they will have the entire gym. The Sept. 22 event will feature tournaments and cosplay, tabletop and board games, art and all things geek and nerd for gamers to enjoy.

Full list of nominees

Innovation

- London Crisis Pregnancy Centre
- Oral Health, Total Health's Sharing Smiles Day — London

- Project Play

Leadership

- Kate Ballagh Steeper
- Arden McClean
- Steve Plunkett

Impact

- Impact Junk Solutions
- Muslim Resource Centre for Social Support & Integration
- North East London Community Engagement

Collaboration

- Braz for the Cause and Fanshawe College
- London's Million Tree Challenge
- Meals on Wheels London and Youth Opportunities Unlimited

Lawyer to meet jailed Canadians in Egypt

Family and supporters of London doctor Tarek Loubani and Toronto filmmaker John Greyson — a London native — have hired lawyers in Egypt to represent the pair who have been jailed in Cairo since Aug. 16.

They have spent days in custody with no specific reason given, but a 15-day detention order was issued Tuesday in connection with an investigation that, according to a

district prosecutor in Cairo, involves explosives and plans to attack a police station and a mosque.

On Wednesday, a friend of both the men posted an update and what he describes as clarifications in the case thus far.

"First, there have been no charges laid," wrote Justin Podur. "The 15-day detention order announced by the prosecutor (not a judge) (Tuesday)

to the Egyptian press is an order that allows the prosecution to hold people pending investigation.

"The prosecutor announced a series of allegations that will be investigated, but in such a press announcement, the prosecutor is not bound by any rules of evidence and as a result the press release was full of wide-ranging, far-fetched, and outright bizarre accusations."

Podur noted that the Canadian embassy in Cairo has reopened and officials and the lawyer will visit with Loubani and Greyson on Thursday.

A worrying possibility, Podur added, is the fact that there's nothing to stop the prosecutor from rolling this 15-day detention into another and then another after that.

So far, he reported, 35,000 people have signed a petition at change.org and thousands

more have made phone calls to help free the men.

Loubani and Greyson were reported to have been travelling through the chaos of Egypt to reach Gaza on a medical mission as part of an ongoing collaboration between Western University and Al-Shifa Hospital.

An email request to speak with lawyer Adam Khaled El Shalakany has not been answered. **SCOTT TAYLOR/METRO**

Massacre. U.S. soldier faces victims of his Afghanistan rampage

He executed a young girl who was screaming for him to stop beating her father.

He fired into rooms full of children.

He killed 11 members of a single family, many of them still asleep on their blankets.

The U.S. soldier who killed 16 Afghan civilians in a solo attack on two villages last year faced some of the victims' relatives at a hearing Wednesday.

Mullah Khamal Adin took the witness stand against

Robert Bales, who pleaded guilty in June in a deal to avoid the death penalty.

Adin is one of nine Afghans from Kandahar province flown to the U.S. for the hearing in Washington state.

He described arriving at his cousin's home and finding a pile of burning bodies, including young children, inside.

Bales, now 39, acknowledged setting the bodies alight with a kerosene lantern.

Haji Wazir Mohammad, who received \$550,000 in compensation from the U.S. government, told the jury the attacks destroyed what had been a happy life.

"I've gone through very hard times," he said. "If anybody speaks to me about the incident ... I feel ... like it's happening right now."

One of Bales' lawyers, John Henry Browne, said after court Wednesday that his client will offer an apology for his crimes.

THE ASSOCIATED PRESS



Robert Bales has said: "There's not a good reason in this world for why I did the horrible things I did."

RYAN HALLOCK/AFP/GETTY IMAGES FILE

Road rage. Bus driver takes the angry route, plows into a crowd

A Chinese bus driver angry over being punished by his company drove a bus into a pack of bicyclists and motorcyclists on Wednesday.

Twenty-seven people were injured, reports said.

The bus driver — identified only by his surname Li — previously had been fined about \$32 by his company for exceeding the speed limit and put on leave after he refused to write a self-criticism letter.

So the upset driver took an empty bus, which he plowed into people in the southern Chinese city of Shunde in Guangdong province.

Xinhua said Li slammed into one motorbike, 10 mopeds and five bicycles. Of the injured, two were in serious condition.

Li was detained by police on charges of endangering public safety.

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Gunmen strike

Drive-by attack kills politician

Gunmen shot and killed a Swedish politician and wounded another in a drive-by shooting Wednesday in Mogadishu, said police in Somalia.

Killed was Abdirahim Hassan, 24, a member of the youth wing of Sweden's Left Party. Ann-Margarethe Livh, a group leader for the Left Party, was injured.

THE ASSOCIATED PRESS

Expenses fracos

Wallin gets her bill: \$138,970

Sen. Pamela Wallin's final bill is in.

The embattled senator has been ordered to pay back \$138,970.

Wallin was already on the hook for \$121,348 after an independent audit of her travel expenses.

She has already paid back \$38,000, and has promised to repay the rest once ordered to.

THE CANADIAN PRESS



Citizen journalism: This photo from a usually reliable source is said to show the tragic aftermath of a purported toxic gas attack in Damascus, Syria. A woman is supported as she mourns over the bodies of children on Wednesday. LOCAL COMMITTEE OF ARBEEN/THE ASSOCIATED PRESS

Little innocents die in 'gas attack'

Alleged atrocity. Syrian activists claim 100 died in toxic attack in Damascus — a report that has shocked the world

Anti-government activists Wednesday accused the Syrian regime of carrying out a toxic gas attack that killed at least 100 people, including many children as they slept.

UN chief 'shocked'

United Nations Secretary-General Ban Ki-moon said he is determined to ensure a "thorough investigation" into the reports of a deadly toxic gas attack by the Syrian regime.

UN deputy spokesperson Eduardo del Buey said the secretary-general is "shocked" at Wednesday's alleged use of chemical weapons in the eastern suburbs of Damascus.

But President Bashar Assad's regime denied using

Quoted

"Such an attack is completely unacceptable and we call on the ... regime to co-operate with the UN officials investigating these disturbing reports."

Foreign Affairs Minister John Baird, saying Ottawa will continue to monitor the situation closely

The purported attack happened during artillery and rocket barrages on the eastern suburbs of Damascus.

Shocking images emerged, showing pale, lifeless bodies of children lined up on floors

of makeshift hospitals and others with oxygen masks on their faces as they were attended to by paramedics.

One appeared to be a toddler clad in diapers.

An activist said bodies of

63 of the dead had indications of a chemical weapons attack but he could not confirm this.

"Their mouths were foaming, their pupils were constricted, and those who were brought in while still alive could not draw their breaths and died subsequently," he said.

The Syrian regime called claims of the attack "absolutely baseless." Syria's ally, Russia, described the reports as "alarmist."

THE ASSOCIATED PRESS



His message is clear: A Syrian man who lives in Beirut holds up a placard during a Beirut protest over the alleged toxic gas attack in Damascus.

HUSSEIN MALLA/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Have illness, will travel

Medical tourism. Tens of thousands of critically ill Canadians pay hefty price for out-of-province cutting-edge care



MATT KIELTYKA
Metro in Vancouver

Mike Allan wasn't lucid enough even to count down the final days to his death.

Laid out in a hospice, doped up on heavy painkillers and with his family having exhausted all possible avenues to treat his advanced Stage 4b metastatic melanoma, the Prince George, B.C., man had nothing left to do but live out the rest of his life in medicated ignorance.

Until his wife, Karen, received a call from Edmonton's Cross Cancer Institute.

"I have an idea that might work, but you have to get him here right now," Allan, 55, says, relaying his doctor's call. "They threw me in the back of the truck with an oxygen mask and drove to Edmonton."

Flying wasn't an option.

In his condition, transporting Allan to Edmonton by plane would have cost \$16,000.

Heavily medicated, Allan doesn't remember anything about that first eight-hour journey from northern B.C. to Edmonton in March of 2011.

All he knows, and all that matters, is that within a week of going on the clinical trial for dabrafenib (available only at the Cross Cancer Institute at the time), he miraculously went from being a terminal patient receiving end-of-life care to being able to breathe on his own.

"I'm still alive!" Allan says when asked how he's fared since, a common response for many cancer survivors.

Making that boast was virtually unthinkable when physicians in B.C. determined the grandfather had run out of treatment options for his skin cancer in 2009.

"Everywhere we went within the regular system, it was always 'no, no, no' and very negative," Allan recalls.

It wasn't until he consulted with Dr. Michael Smylie, a renowned oncologist at the Cross Cancer Institute, that the narrative changed.

"He looked at my chart,



Comfortable family-like settings help ease the stress for patients receiving life-saving care far from home. JENNIFER GAUTHIER/FOR METRO



Melanoma patient Mike Allan, top centre, travels from Prince George, B.C., to Edmonton every three months to receive treatment. CONTRIBUTED

looked up at me and (said), 'I can keep you alive,'" Allan says. "It was inspirational that there was hope."

Since his astonishing turnaround, Allan has become something of a medical tourist.

The last person still undertaking his particular clinical trail (recently approved by the federal government as a treatment Canada-wide), Al-

lan hops in his pickup truck and drives to Edmonton every three months for three days of exhaustive tests, treatment and followups.

He's not alone.

Every year, an unknown but sizable number of patients (the Canadian Institute for Health Information says there were 43,590 out-of-province hospitalizations in 2011-12, but does not provide

details on the kind of treatments received) leave their communities for centres of excellence across the country that offer cutting-edge therapies and expertise that can't be found elsewhere.

The stresses and costs of travelling outside their communities for potentially life-saving care are staggering for the families involved.

Since clinical trails aren't

covered under B.C.'s medical-services plan, Allan and his wife (with the help of some organizations such as Save Your Skin Foundation) put up the bulk of the travel and accommodation costs for each visit to Edmonton.

It's a trip they made 27 times in 2011, 19 times in 2012 and 16 times so far in 2013.

Some expenses can be written off through federal tax benefits, but that covers only a fraction of the cost.

"If I had known how expensive it was going to be, I would have bought a house in Edmonton," Allan jokes.

And then there's the long, winding 740-kilometre drive through some of Canada's harshest terrain.

It's treacherous at the best of times, and a nightmare when winter hits the Rockies.

"That's the most stressful part for us," Allan says. "The circumstances can be beyond your control. We've been stuck for 19 hours once because of a crash ahead of us."

Though he knows the cancer can come back at any point, linking up with an expert in treating melanoma has bought Allan priceless time with his family, including the birth of his grandson, Ryder.

Cost of out-of-town care

\$2,800

The cost for families who need to travel to get crucial health care can vary greatly. Canuck Place — which covers the expense for its families — says it costs approximately \$2,800 to feed a family of four per month at the hospice.

\$3,100

Medical and nursing costs at the hospice range from \$1,500 a day for a patient booked in for respite (usually a stable patient staying seven days at a time with family members to relax) to \$2,500 for pain and symptom management, and \$3,100 for a child receiving end-of-life care.

\$40K

Clinical trials for new drugs and treatments can also be expensive, though pharmaceutical companies often pick up the bill. Save Your Skin Foundation founder Kathleen Barnard's clinical trial for melanoma cost a total of \$40,000, but was covered by the drug company.

\$3.3M

Hope Air — a registered charity that offers free flights for patients to get out-of-town health care — spent \$3.3 million in 2012, 82 per cent of that directly on providing 6,091 flights.

It says 28 per cent of clients would otherwise have cancelled or postponed treatment had it not been for Hope Air's flight.

Quoted

"If I had known how expensive it was going to be, I would have bought a house in Edmonton."

Melanoma patient Mike Allan jokes about the expense of the 740-kilometre drive from his home in Prince George, B.C., for three days of treatment every three months.

Making the journey easier

Specialized care can drastically increase quality of life even when arduous travel is involved.

That was the case for the Thomas family of Kelowna, B.C. Their first son, Kaden, was born with a life-limiting heart disease and was quickly linked in with Vancouver's Canuck Place Children's Hospice — the pediatric palliative-care provider in B.C. with 77 per cent of its 450 annual patients coming from outside the Metro Vancouver area.

The family of four accessed Canuck Place for treatment, pain management, counselling and respite services for many years (they moved to Ontario at one point but returned for the drier climate of Kelowna and the care at Canuck Place) until

Kaden died in September 2010 at the age of 16.

"The only option locally would be to have him admitted into hospital," mother Jennifer Thomas said.

Physicians at Canuck Place devised effective treatment and pain-management plans for Kaden — pain that local doctors had trouble controlling — and liaised with Kelowna care providers to ensure the wheelchair-bound boy was comfortable at home.

Hospice staff were able to answer "all the hard questions" when local pediatricians couldn't, Thomas said.

"We have just a handful of pediatric palliative-care physicians in the province, and five of them are here," said Canuck Place CEO Margaret McNeil. "A



Brothers Kaden, right, and Colby Thomas were regular visitors of Canuck Place as Kaden received treatment for a life-limiting heart disease. CONTRIBUTED

family wants to go somewhere where they know has the best experience with a particular disease. And because they're very complicated, it's hard for a local pediatrician to have that experience."

Beyond medical care, Canuck Place takes the stress off families with counselling,

family activities and camp trips many take for granted.

"We didn't have any support like that outside of B.C.," Thomas said. "It made a significant difference with our life, marriage and relationship with our children."

Canuck Place — which gets 80 per cent of its funding from donors — foots the bill.

"We really want to make it easy for families to be here," McNeil said. "We believe that there should be no barriers."

There are countless organizations that ease the financial burden of patients who must leave their communities.

Facilities such as Easter Seals House Vancouver offer rooms for \$20 a night, so patients don't pay premium hotel rates while travelling for procedures.



Canuck Place CEO Margaret McNeil says the hospice does everything it can to ease the financial and emotional burdens of treatment. JENNIFER GAUTHIER/FOR METRO

The logistics and cost alone can be a defeating experience, says Save Your Skin Foundation founder Kathleen Barnard.

She ran the gamut in 2005 after being diagnosed with melanoma and is now dedicated to making the process easier for skin-cancer patients.

"It was so tough for us as

a family," Barnard said. "Do I want to spend that much money and leave home on something offering a five per cent success rate or is it just an added burden?"

Organizations such as Barnard's exist so families don't have to compromise.

MATT KIELTYKA/METRO

Putting specialized care on the map

The health-care landscape across Canada changes constantly, as hospitals acquire new technology and specialists and provincial governments revise their health-care policies. Here's a look at some of the specialized care that Canadians travel for

Edmonton

Only a handful of surgeons can perform pediatric heart transplants. In Canada, most young patients get their new hearts at the Stollery Children's Hospital in Edmonton or SickKids Hospital in Toronto.



Toronto

SickKids: Children come to SickKids in Toronto for specialized treatments of rare cases and clinical trials. The hospital also has arrangements with some provinces for certain kinds of care. For example, Newfoundland and Nova Scotia send pediatric bone-transplant patients here.



Montreal

People seeking gender-reassignment surgery are often referred to the GRS centre in Montreal. The procedure is covered by most, but not all, provinces' health-care plans.



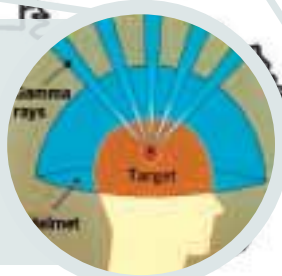
United States

Some Canadian patients must go to the United States for certain procedures, including Open MRIs (for patients whose claustrophobia prevents them from going in a traditional machine), some types of genetic testing, stem-cell transplants and certain complex orthopedic, ophthalmological and cancer procedures.



Winnipeg

Most Canadian patients who need gamma knife radio-surgery for treatment of certain kinds of brain tumours and other conditions go to the Winnipeg Health Sciences Centre or the University Health Network in Toronto.



Halifax

Patients from New Brunswick, Newfoundland and P.E.I. will go to the Atlantic Canada Multi-Organ Transplant Program at the Queen Elizabeth II Health Sciences Centre in Halifax for kidney, liver, heart and pancreas transplantation services.



Stronach, 80, hops on beefcake bandwagon during campaign

Austria. Canadian auto-parts billionaire takes his shirt off in bid for political office

Austria's general election campaign is heating up with two high-profile contenders — one of them a Canadian — going way beyond rolling up their shirt sleeves. They've now taken the shirts right off.

Borrowing a page from Russian President Vladimir Putin's playbook, the beefcake displays are the latest twist in the rivalry between populist Canadian candidate Frank Stronach and Heinz-Christian Strache, head of the anti-immigrant and EU-skeptic Freedom Party.

The two are both seeking the protest vote in Austria's Sept. 29 election.

On a continent where mainstream electioneering is normally a staid affair, Stronach

Bare-chested battle



Frank Stronach, Austro-Canadian billionaire and founder of auto parts giant Magna International Inc., as he revealed a trim 80-year-old physique to Austrian media.

"I don't need to be ashamed of my body."

was first to doff his shirt.

Wearing jeans and a smile, he revealed a trim 80-year-old upper body as he stood next to his private lake during week-end interviews with Austrian dailies. "I don't need to be ashamed of my body," said the Austro-Canadian billionaire and founder of auto-parts giant Magna International Inc.

Strache responded immediately. A photo of the tanned and athletic 42-year-old clad in swimming trunks appeared Sunday on his Facebook page, with the caption "top fit in the

election campaign!"

The battle went into round two on Monday, with Austria's major newspapers carrying both photos along with articles debating whether such displays constituted below-the-belt campaigning.

Commenting on the "naked duel," the tabloid Oesterreich praised Stronach for "showing the new self-confidence of the generation '60 plus.' In politics. In fitness. In looks." But it warned that Strache's decision to challenge Stronach's gambit "with his fitness-centre muscles" now risks turning the campaign into a circus.

The rivalry started when Stronach founded his Team Stronach organization last year. It aims for the same voters that Strache's Freedom Party views as its own — Austrians disenchanted with both the conservative People's Party and the Socialists, parties that now form the government coalition.

THE ASSOCIATED PRESS



Ahead of the Austrian general elections, bare-chested displays are the latest twist in the rivalry between populist Canadian candidate Frank Stronach and Heinz-Christian Strache, left, who heads the anti-immigrant and EU-skeptic Freedom Party. The candidates seem to have taken a page from Russian President Vladimir Putin's playbook. Putin, right, is notorious for an array of stunts including riding a horse bare-chested. LEFT: AUSTRIAN FREEDOM PARTY VIA FACEBOOK; RIGHT: THE ASSOCIATED PRESS FILE

Wetland bogs down PenEquity retail development



A study has revealed there's a wetland on the Dingman Drive site. The Upper Thames River Conservation Authority says it will object to development plans when they're considered by full council next week. MIKE DONACHIE/METRO

There's big business being done in London, but first it has a mountain to climb. A green mountain made of big environmental problems.

PenEquity's now-infamous plans for the woodlot at Dingman Drive near the 401 have polarized local opinion. The debate has focused on trees versus jobs, but a bigger problem may bog things down: a wetland.

This week, councillors on the planning and environment committee recommended the city approve the plans, which are said to be worth as much as \$200 million.

But the Upper Thames River Conservation Authority told Metro Wednesday it will object to the proposal when it's before the full council next week.

Land-use planner Christine Creighton said the existence of a wetland on the property was revealed by the applicant's own study, and it triggers the authority's involvement as protector. "Over time, a lot of these wetlands have been filled in," she said.

"When there's flooding, they help to absorb the water and retain it. It's good for the ecology as well."

PenEquity is planning a big-box store, a cinema and other retail units, and business leaders say they're vital if London is to show it's open for business. The plans could bring 1,200 jobs.

Creighton said the plans won't be allowed without approval from the conservation authority. "We will be submitting a letter to council objecting to what's occurred at planning committee. We feel that the process hasn't gone on in the way that it should have."

She said the authority is calling for more time to review

new studies, and council's consideration of the plans next Tuesday will be too soon.

But they're not dead in the water. "We would like to work with the developer, if possible, to make something happen on that property," said Creighton.

"Perhaps there's an opportunity to revisit how that site is developed," she added. "Hopefully they can get whatever it is they're looking for in terms of exposure along the 401 and we can save natural heritage features and wetland along the property."

MIKE DONACHIE/METRO

Wall Street

Bloomberg limits reporter access to client information

Financial data and news company Bloomberg LP said Wednesday that it has put in place new policies and procedures designed to prevent its journalists from accessing the subscriber information of its Wall Street clients.

The moves stem from an outside review that followed complaints earlier

this year that journalists in Bloomberg's news division were accessing client log-in activity on trading information terminals maintained by the company's professional service unit.

The review, led by the law firm Hogan Lovells and the regulatory compliance firm Promontory Financial Group, found that Bloomberg journalists' access to trading terminal information didn't result from a lapse in oversight, but from a "long-standing policy" that allowed them to have access. THE ASSOCIATED PRESS

Internet access

New Facebook partnership aims to get 7B online

Facebook wants to get more of the world's more than seven billion people — all of them, actually — online through a partnership with some of the world's largest mobile technology companies. The partnership, called Internet.org, includes Korean electronics giant Samsung, Finnish handset maker Nokia and wireless



An HTC First phone with a Facebook mobile interface is shown at Facebook's head office.

THE ASSOCIATED PRESS FILE

chip maker Qualcomm Inc. Plans include developing cheaper smartphones and tools to reduce the amount of data required to run apps. THE ASSOCIATED PRESS

Dallas

Ex-United steward will plead guilty in bomb threat

A former United Airlines flight attendant has agreed to plead guilty to making a bomb threat against a United jet flying between London, U.K. and L.A. The man's attorney said that United had declined to investigate the man's claims that a male supervisor sexually harassed him.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
95.48¢ (-0.78¢)

TSX
12,573.08 (-97.03)

OIL
\$103.85 US (-\$1.26)

GOLD
\$1,370.10 US (-\$2.50)

Natural gas: \$3.47 US (+3¢)
Dow Jones: 14,897.55 (-105.44)



data
overage
protection

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TIME TO SHARPEN YOUR PENCILS

It's almost time for kids to head back to school, which means the back-to-school ads have been out so long that many of the principal actors in them have died.

It's given me lots of time to think about back to school, and reinforced for me how important it is to buy the right things for your school-aged children, lest you ruin their fragile lives.

No pressure.

I don't have kids myself, which makes me the perfect person to tell you what to buy for yours: Friends are always telling me about what their best-laid child-rearing plans are. But then their kids don't come according to spec and suddenly they're doing things they swore they'd never do.

So as a childless guy I can bring an unsullied perspective to the back-to-school purchases — and jump right to the decisions you're going to make anyway without the high-principled hand-wringing in between.



HE SAYS

John Mazerolle

metronews.ca

To me, back to school is the young person's version of New Year's resolutions — proof that we can start with a clean slate and get it right this time. A sweet lie, in other words.

I still miss the back-to-school gift package — mostly because I haven't had a nice, fresh set of clothes since 1993.

I've bought new clothes since then, sure, but I mostly replace items one at a time as they become too threadbare to wear. Sometimes I time it just right and walk into the Gap as a growing gap in my jeans reaches the breaking point, and my pants moult from my body as I enter the changing room, like a denim lobster.

So nothing was better than a whole set of new clothes, backpack and math gear (something where the dinosaur's head turns from different angles, please).

A school-grade kid can quickly build up a lot of baggage — in my case, a backpack filled with ink stains, crumpled

papers from three months ago and a crushed banana I'd forgotten about.

But back-to-school supplies also offered a symbolic reset: I could forget about the time I cried in home economics because the teacher yelled when I forgot to add soap while washing the dishes. I could forget when I buried a rose in the snow because Missy Titus wouldn't accept it on Valentine's Day. It helped me forget getting a concussion playing soccer baseball (the concussion helped, too).

Those clean, perfectly folded shirts and pants lying on the bed brought a sense of order to my life. I don't know why I wasn't more popular.

So my advice to parents is: Buy distracting stuff. It doesn't have to be the best stuff, or the most trendy stuff. Just bright and shiny enough that your kids can forget how miserable school is. Bags of eraser shavings were popular at one point in my schooling. So don't go nuts.

With the right level of distraction protecting them from their school years, they can grow up to be whatever they want, maybe even the principals in back-to-school advertising. It's a year-round business.

ZOOM

Way to impress a lady



COURTESY RED BULL

Diver wows near Statue of Liberty

New York's Statue of Liberty was the backdrop for world champion diver Orlando Duque to leap from a

helicopter hovering 75 feet (22.86 metres) above the Hudson River. Duque, 38, from Cali, Colombia, performed the stunt to promote the fifth stop of the Red Bull Cliff Diving World Series due to take place in Boston on Aug. 25.

METRO

Diver's viewpoint

"It doesn't get any better than diving in front of something as iconic as the Statue of Liberty."

Orlando Duque, high diver from Cali, Colombia

Dive in seconds

3

seconds is all the time Duque had to land a flying back somersault while travelling at speeds of 80 km/h.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Last year's taxes still not done? Instead of fretting over making time for these necessary-but-heinous tasks, why not get someone else to take care of them for you? Say goodbye to life's annoying administrative chores and hello to outsourcing with the help of these sites:

AskForTask.com:

Toronto-based startup connects people across Canada who either need a hand or have an extra one to offer for anything from cleaning the tub to building a website.

DoMyStuff.com:

Connects people needing help with people offering to give help with just about anything (though the site could benefit from connecting with a designer).



Letters

RE: Vancouver's Science World Trying To Teach Kids About Sex? How Dare They ... published Aug. 21

They are already being sexualized between magazines, TV, video games, music, and other societal things. This is a huge learning moment for you and your children. Take it, show them and let them ask questions. Education is power, not ignorance or hiding.

Heather Avery posted to metronews.ca

It is better to teach the kids about sex so they can make an informed decision. I'd rather have the kids know about sex minus the self righteous moral guardians than have teenage pregnancies. I have seen that one first hand with someone I knew in middle school who was 13 and pregnant. She ended up dropping out shortly after.

Taggart Romkey posted to

metronews.ca

Let's all assume: This is at a public event and establishment. Committees will have been involved in deciding what, and what not, to include. It will be suitable for both genders and for the recommended ages of viewers.

It will likely be better than anything an anxious parent, or a priest, or a misguided peer, or a movie could show and tell. And it provides an opportunity for parents to have an educated talk with their curious kids, or maybe become better educated themselves.

If I lived in Vancouver, I would go. If my kids were not already grown up, I'd take them. Maybe I'd see it myself first to see if it's suitable. We had all the sex conversations with them before they were old enough to reproduce, for their own protection and ours.

DaleWale posted to metronews.ca

WE WANT TO HEAR FROM YOU:

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Musical time travel at its finest

Debut EP. Bruce Peninsula's Matt Cully celebrates the release of a new project, under the name EONS, Friday at The Bag Lady



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

"It's a portal to the past from the present," says Matt Cully, whose music is deeply rooted in the traditions of American folk of the first half of the 20th century.

Cully is the co-creator and songwriter of Bruce Peninsula — a Polaris Music Prize-nominated Toronto indie rock band with two albums under its belt.

The London premier of Cully's solo album *Arctic Radio* — a part of his solo project, called EONS — takes place Friday night in the cosy setting of The Bag Lady — a funky retro variety and deli located at 474 Pall Mall St.

Cully's fascination with the folk of another era is inextricably linked to the stories these songs tell.

"The most human and closest to my heart are the voices of the past. You can learn about a culture, a time and a people from listening



Bruce Peninsula's Matt Cully has started a new project under the name EONS and is releasing an EP called *Arctic Radio*. CONTRIBUTED

to the music they make. It provides a kind of immediate access to a time and people that no longer exist," says the artist.

"Whatever I'm writing is an artifact of a particular way of looking at the world."

Misha Bower, also a member of Bruce Peninsula who hails from London, Ont., sings harmonies on the album. "These songs rely mostly on Misha and I to perform and inhabit the characters of the

songs," says Cully. "There is a much more personal slant on it than what I write for Bruce Peninsula. There are certain songs that you can't write for a seven person band."

His song *Arctic Radio* asks the question "Where do old songs go?" The answer is arctic radio — a kind of afterlife for songs.

"Radio signals are invisible but they are all around us. I like the image of these disembodied voices floating

around on a radio with potentially no one listening," says Cully.

The last song on the album, *We are the Young*, is a soulful collaboration with Cully's father on the subject of aging. It was recorded in Cully's tiled hallway.

"The song becomes meaningful because we are singing it together. Some of my earliest music experiences are singing along with my dad to old rock 'n' roll on the car

radio," says Cully.

The song came from conversations the two had about the disparity between the age of your body and how you feel in your head.

Join Cully on his philosophical sonic explorations at The Bag Lady on Friday. The evening will also feature Grey Kingdom, the solo project of Spencer Burton, and Andrew Lennox of Wild Domestic. The music starts at 9 p.m. and cover is \$8.

Around town

- **More music.** Little MASE Presents a night of hip-hop featuring artist Shaun Boothe live at the Blackshire Pub on Friday at 8 p.m. for \$10.

2 SCENE

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Scientology failed to get Bono and Brad on the hook

The Church of Scientology tried to recruit both Brad Pitt and Bono in the 1990s, according to former Scientologist Jenna Miscavige Hill, niece of Church leader David Miscavige. "I think that celebrities are more inclined to be egocentric and Scientology caters for that — you're your own God. They're probably being told that all the time," she tells

Radar Online. "But they're probably insecure, so the self-help of Scientology lends itself to that. And Scientology is meant to save people and the world, so the charitable thing appeals to a celebrity. If you're egocentric, not always confident or insecure because of being in the public eye and want to be charitable, Scientology pushes your buttons. That's why someone like Bono would fit the bill perfectly as so many people know him." According to Miscavige Hill, Pitt went through the Church's entry-level Purification Program while dating Juliette Lewis but ultimately decided it wasn't for him.



X marks the spot as old flames Hoult and Lawrence begin again

Talk about a sequel: It looks like Jennifer Lawrence and ex-boyfriend Nicholas Hoult have rekindled their romance. The pair, who first met filming X-Men: First Class in 2011 and dated until earlier this year, have been in Montreal filming X-Men: Days of Future Past — and spending plenty of off-duty time together, too, according to E! News. Lawrence and Hoult took a day off in Montreal's La Fontaine Park earlier this week. The still adorable duo, each clad in shorts, tank tops and shades, held hands as they walked along and then shared a bottle of champagne and a salad while stretching out on the grass. A source says they were very touchy-feely and laughed a lot during their outing. Earlier, they showed up at the film's wrap party together.



Jennifer Lawrence



Wentworth Miller ALL PHOTOS GETTY IMAGES

Russian invite rejection signals Miller's coming out

Prison Break actor Wentworth Miller declined an invitation to the St. Petersburg International Film Festival, publishing his response on GLAAD's website: "Thank you for your kind invitation. As someone who has enjoyed visiting Russia in the past it would make me happy to say yes. However, as a gay man, I must decline. I am deeply

troubled by the current attitude toward and treatment of gay men and women by the Russian government. The situation is in no way acceptable, and I cannot in good conscience participate in a celebratory occasion hosted by a country where people like myself are being systematically denied their basic right to live and love openly."



Twitter



@ElizabethHurley

Another gorgeous day- is this the best English summer we've had for years? Bliss....



@MichaelChiklis

When I think of all the different languages that developed literally right next to each other I can't help but think: How did Europe happen?



@JuddApatow

At least I didn't eat fries. (Positive re-enforcement for the end of the day)

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BACK TO SCHOOL

Thursday, August 22, 2013

Prepare for homework

MICHELLE WILLIAMS
For Metro

Just about any parent will agree that one reason to not look forward to the start of school is homework.

Here are some easy and effective tips from Toronto District School Board principal Cassandra Alviani-Alvarez on how to smooth the homework waters in your house:

1 Reduce stress by setting a non-negotiable homework time around their after-school schedules.

2 Work with your child to set up a calendar showing everything that's due over the course of the week or month and plan homework schedules accordingly.

3 Help your kids get organized: Set up the space, have all the materials they need on hand, and remind them to put finished work in the knapsack so it's not forgotten in the morning.

4 Remember to remain calm. Things get heated quickly if a child is having difficulty and you are struggling to make things clear. Have patience and

look for different ways of explaining the situation.

5 Encourage your child to take short breaks when they get stuck on something.

6 If kids are struggling to stay focused, try turning it into a game. Use a timer and challenge them to see how much they can get done in five

or 10 minutes.

7 It's important to encourage them to try to make some effort before you pitch in and help. Read instructions and get them to articulate what they need to do first before you walk away.

8 Resist taking over the assignment. You want it to

be a true reflection of your child's ability. Teachers know when they are getting a parent's work — the quality is very different.

9 If your child just isn't understanding a subject, send a note back to the teacher explaining the difficulty so you can work together to help

your child through the challenging tasks.

10 Praise is important. Make sure your child knows they have done a good job when they complete their work to the best of their ability. Keep it positive as they go off to bed to set them up for success the next day.



One way to improve grades is to set up space to do homework and make sure you have all the materials you need on hand. DMITRY KALINOVSKY/COLOURBOX

Parents. Stay in the loop

It won't be long before parents start to think — and worry — about the arrival of the first report card. While this event can be stressful for parents and students alike, Dr. Nick Whitehead, the CEO of Oxford Learning Centres, says a key to eliminating such stress is open communication with your child's school and teachers.

"Parents and teachers may not have time for weekly sit-down meetings, or even lengthy telephone calls, but in the age of email, there's no reason for parents to be out of the loop on what their child is up to at school," he said. "Waiting for the first report card can be risky. Why wait to discover if your child is struggling? Instead, regular email communication with the teacher can lessen stress and make parents aware of problem areas before issues get out of control."

It's not uncommon for parents to be confused by their child's report card. Changing schedules, complicated terminology, and formal language add to the stress.

There is plenty that parents can do daily to stay on top of their child's academic progress. Here are a few helpful tips:

- Communicate with the teacher every week. It takes



Parents should remain in the loop on what their child is up to at school. YANLEV/COLOURBOX

five minutes to ask how your child is doing.

- Review past report cards. Issues from last year are likely to reappear, so review previous reports, and watch out for reoccurring trouble.

- Follow up when a test is returned to your child. How did it go? Were the results what you were expecting?

- Go online. The Internet is a wonderful tool to keep informed. If your child's class has a web page, log on and get involved.

- Don't wait. If there are any issues, seek help as soon as you learn of them, rather than waiting to discuss them after report cards come home.

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Get the upper hand

High-tech best bets

MIKE
YAWNEY
For Metro

While pens and pencils never seem to go out of style, the student in your life can get an upper hand on their classroom education with the help of a few gadgets.

Here are some of the best bets for a high-tech education this fall.

Vtech InnoTab 3S — \$109.99

A tablet for youngsters to call their own. The durable InnoTab 3S comes preloaded with kid-friendly apps for a fun learning experience. Kids can create and play their own videos, MP3s and even surf the web on the kid safe



browser. Recommended for children ages three to nine. (vtechcanada.com).

Apple iPod Touch — \$229 and up

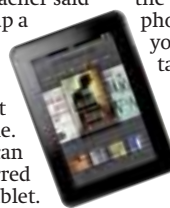
Access tens of thousands of apps, ideal for the classroom. Your iPod can become any-



thing from a scientific calculator to a language translator. Games and music are an added bonus for those students who have to endure lengthy bus rides to and from school. If you want a larger screen, the iPad or iPad Mini is another great choice. (apple.ca).

Sky Wi-Fi Smartpen — \$199.99

Perfect for classes where students must take dictated notes. This "smart pen" records everything you hear, say, write or draw. Want to go back and hear what your teacher said in class? Simply tap a word on the page and the pen will replay what was said at that exact moment in time. Written notes can also be transferred to computer or tablet. (livescribe.com).



Moleskin Evernote Smart Notebook — \$29.99

Everything written in this notebook can easily be trans-

formed into digital notes thanks to smart stickers embedded in the pages. Just take a photo of the page with your smartphone and you can transfer your notes to your laptop or tablet. (moleskin.com).

Samsung Chromebook — \$269.99

An easy to use, lightweight, budget-friendly laptop that boots in as little as eight seconds. Chromebooks use Google's Chrome operating system and are designed for web connectivity. All of your homework, emails and as-



signments are stored online using Google's cloud services. This means you have access to your work anywhere, as long as you have Internet connection. Chromebooks require Internet connectivity to be useful, so make sure your child's school has widely accessible WiFi before considering a Chromebook. (futureshop.ca).

Sony Xperia Z — \$149.95 with two-year contract

Leaking drink boxes and water bottles can create a real mess in a backpack. Your homework may get soggy, but Sony's Xperia Z smartphone can withstand even the wettest conditions. It is water- and dust-resistant, which means it can be tossed into a backpack with little fear. The five-inch HD display is perfect for accessing tens of



thousands of apps. (Bell.ca).

Kindle Fire HD — \$214 and up

Make reading a little more fun. The Kindle Fire HD doubles as an eReader and tablet. Not only can you access more than one million titles from Amazon's library, you can also download some of the most popular Android apps. The best feature is the parental controls that allows you to limit the amount of time your kids play games or use apps on the device. (amazon.ca).



Powerbag — \$128

Carry everything you need for class plus charge your gadgets at the same time. Powerbag includes a built-in rechargeable battery pack with USB port to charge thousands of gadgets. The 3000mAh battery has enough juice to charge the average smartphone twice. More powerful batteries are also available. (amazon.ca).

Clockwise, from left, Vtech InnoTab 3S, \$109.99, Kindle Fire HD, \$214 and up, Samsung Chromebook, \$269.99, Sky Wi-Fi Smartpen, \$199.99, Apple iPod Touch, \$229 and up, Powerbag, \$128, and Sony Xperia Z, \$149.95 with two-year contract.

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Yorkdale Mall

See store for full details. (1) Bonus gift will vary by store location. Bonus gift available with new activations only. While quantities last. (2) Subject to approved credit. Monthly Tab charge may apply.

The foolproof transitional season uniform

The perfect, simple outfit to cleanse your palate before autumn's trends roll in

METRO WORLD NEWS

The simple, classic white shirt and jeans combination is an underappreciated thing. Too often it gets bogged down with hyper-personalization: a

wacky jacket here, piles of quirky necklace layering there. It's that rare, perfect outfit in which a set of fashion staples converge in a can't-screw-

it-up formula. But sometimes, the best way to pull this off is by not tampering with it too much. The simplicity makes this look a nice breather of a palate

cleanser before preparing to unpack all of the heady, intensity (bell-shaped skirts the size of small cities anyone?) that will be autumn's trends.



Topshop

Moto Smokey Green Leigh Jeans, \$76, topshop.com.



Lizzy Disney

Lock Bag – Black, \$430, darkroom-london.com.



& Other Stories

Leather Belt, \$44, stories.com



Charlie Collins, who we spotted in London, looks flawless in an unaffected kind of way because she didn't go overboard with the styling. METRO



Zara

button neck blouse, \$50, zara.com.



Loeffler Randal

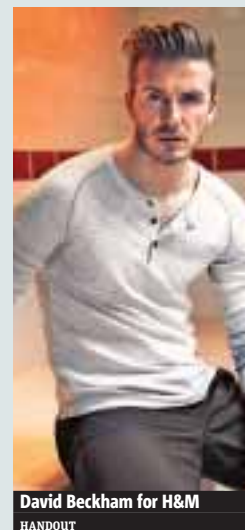
Pippa Collar flats, \$275, shopbop.com.



Spitfire

Mainstream Wayfarer Sunglasses, \$41, asos.com.

Dress it like Beckham



David Beckham for H&M
HANDOUT

H&M to sport the vintage and the varsity this season

Trend-conscious gentlemen who head into H&M this fall will likely pick up on the heritage sportswear feel of David Beckham Bodywear pieces. The newest campaign launched on Aug. 22 and is full of old East London atmosphere. Raglan-sleeve jersey and henleys come in athletic greys, alongside grey tank tops and a three-pack of grey trunks.

Pajamas are an essential both for lounging and sleep, and this autumn there are ribbed pajama pants, as well as full-length or short pants in drawstring jersey.

Coinciding with the new pieces will be a brand-new campaign set in an old-style sports changing room. It marks the latest stage in David Beckham's long-term collaboration with H&M, centred on a core collection of body wear pieces which are available all year round.

METRO

I love fashion Lutz and Lutz



Kellan Lutz GETTY IMAGES

What's a hulking vampire to do without moody mortals in distress and with no more computer-enhanced battles to wage in the forest?

For 28-year-old Twilight actor Kellan Lutz — better known as Emmett, the heartthrob brother of leading man Edward — it's still about looking as good as superhumanly possible.

Lutz unveiled his Pre-

Spring 2014 collection with Abbot + Main this week in Las Vegas during MAGIC, one of the fashion world's most influential trade shows.

"It's great to find something outside of acting," he said in an interview Monday at a Las Vegas Strip hotel suite, resting a chiselled, stubbly chin on a sofa pillow.

Born in North Dakota

and raised in Arizona and the Midwest — places he described as trendiness-challenged — he started modeling at 14 and developed an eye for style hanging out with fashion and photography greats.

Soon enough, he stopped borrowing clothes from some of his six brothers. They were borrowing from him.

His brand — which debuted in 2011 and is named after an intersection in the beachy-cool Venice Beach, Calif. neighbourhood where Lutz once lived — mainly consists of soft, slim-fitting T-shirts and not-trying-too-hard hoodies.

Initially just for men, two-thirds of the collection is now for women.

THE ASSOCIATED PRESS

3 THE

Mirror, mirror on the wall, who's the most versatile risotto of them all?

"This is a great risotto recipe that uses lemon and asparagus as its flavour boosters. Feel free to experiment with other vegetables and cheeses to create your own signature risotto," writes Mary Rolph Lamontagne in her book *Eats*.

1. Bring the stock to a simmer in a saucepan.

2. In a separate medium-sized saucepan, heat 2 tablespoons of oil over medium heat. Add the onion and cook for a few minutes until translucent. Add the rice and cook for 2 minutes more, stirring until nicely coated and opaque in colour. Add the wine and stir until most of it has been absorbed.

3. Add 1/2 cup of stock to the rice, stirring continuously until the liquid is almost completely absorbed. Add more stock in 1/2 cup

Ingredients

- 3 cups chicken stock, approx. (or vegetable stock for a vegetarian option)
- 2 tbsp olive oil
- 1/4 cup minced onion
- 1 cup arborio rice
- 1/4 cup dry white wine
- 1/2 tsp lemon zest
- 1/4 cup soft goat's cheese
- 1/2 cup freshly grated Parmesan cheese
- 1 cup cooked, chopped asparagus
- Salt and pepper
- 1 tsp butter
- Pea shoots (optional)

increments and repeat this process until the rice is tender, but still firm to the bite, 15–20 minutes. Remove from the heat.

4. Gently stir in the lemon zest, goat's cheese, Parmesan and the asparagus. Add salt and pepper to taste and

Asparagus Risotto



This recipe serves six. CONTRIBUTED/ EATS BY MARY ROLPH LAMONTAGNE

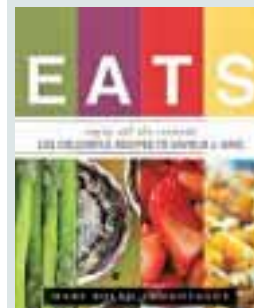
the butter. Cover and set aside for 3–5 minutes. Serve with a garnish of Parmesan

shavings and pea shoots. **ALL RECIPES EXCERPTED FROM EATS ENJOY ALL THE SECONDS: 135 COLOUR-**

FUL RECIPES TO SAVOUR BY MARY ROLPH LAMONTAGNE, WITH PERMISSION.

Cookbook of the Week

A splash of colour for your table



Eats by Mary Rolph Lamontagne is filled with creative recipes and simple basics — from all over the world — that make using leftovers a breeze. Fruits and vegetables (the most highly wasted items in a fridge) are prepared in master recipes and then reinvented in three or four others. Mary also offers tips for buying, growing, cooking, storing and freezing ingredients.

Among the recipes are: Tanzanian Eggplant Curry, Apple Sauce Spice Muffins, Spinach and Ricotta Gnocchi, and more. **METRO**

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Appetizer. Zucchini Bites

"This is a great way to use up leftover plain quinoa or even quinoa that has been prepared with flavourful herbs or minced vegetables," writes Mary Rolph Lamontagne in her book *Eats*.

"Add some egg, a little flour and some cheese and you cannot go wrong."

Lamontagne sometimes substitutes chopped cooked spinach for the grated zucchini, uses rice flour for gluten-free bites and changes the cheese to cheddar for a different flavour.

1. Preheat the oven to 180 C (350 F). Grease a mini-muffin pan.

2. Combine all the ingredients in a large bowl.

3. Fill the muffin cups to the top with the quinoa mixture. Bake for 15–20 minutes, or until a tester comes out clean.

4. Serve with a dollop of crème fraîche mixed with a spoonful of sweet chili sauce.

Ingredients

- 2 cups cooked quinoa
- 3 eggs
- 1 cup grated zucchini
- 2 cloves garlic, minced
- 1 tsp dried thyme
- a pinch of paprika
- 1/2 cup grated Emmenthal cheese
- 1 tbsp flour
- Salt and pepper to taste

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Global style comes to Canada

Zara Home opens in the Great White North, allowing Canucks access to the Spanish store's decor gems.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

When Zara fashion stores first opened in Spain more than 30 years ago, they were a big hit.

Their up-to-date fashions at affordable prices has always kept the global-style shopper happy. Now home decor enthusiasts have something equally exciting to look forward to: Zara opens its first home decor and style store at Yorkdale Shopping Centre in Toronto on Thursday, followed by an opening at Carrefour Laval in Quebec.

From small furnishings, bedding and tabletops Zara offers up-to-the-minute home fashions for every room in the house. Twice weekly new home fashions will be delivered to stores to keep the merchandise fresh and the assortment new every time you visit.

Canadians can now also shop online at zarahome.com.

I went shopping around and here's a sneak peak at a few of our in-store and online favourites; luxury-styled items caught my eye as must-haves this fall.



Expect a wide range of decor styles to be sold at Zara stores and online. New products are introduced every two weeks, which gives home decor enthusiasts a reason to visit the Zara stores often.

Gold Monogrammed Flatware \$10-12

Gold is one of the season's biggest decor trends, so why not add it to your dining experience? These are ultra chic and not just for formal occasions. After all, you deserve the everyday lux experience of eating with this latest trend.



Velvet Cushion with Feather Trim \$60

Lux prevails with fresh green velvet and feathers. A great way to add this year's most coveted colour and to wake up a boring chaise lounge or neutral sofa. Use with caution — no more than two pillows or your sofa will look like an ostrich farm.



Ceramic Lamp \$200

Navy and white never go out of fashion and look crisp with the neutrals or pops with other strong colours. Switch the white shade for a gold metallic and it will go from traditional-chic to instant glamour. Buy these in pairs — a good way to display classic lamps.



Square Glass Tables \$270

Wherever you place them, these tables will make your room look light, airy and sophisticated. Two sets side by side will make a very versatile coffee table for the living room.



Fur Blanket \$200

A great wrap for chilly nights on the patio or by the fire during the winter months; luxury fur trims are everywhere on the fashion runways and the trend in home decor is no exception.





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Discounted countertops that may have a blemish can save you a bundle.
ISTOCK IMAGES

Modernize your home on a strict budget

DIY ideas. Whether it's your kitchen, bath, backyard or your house itself that's in need of an update, there are plenty of ways to freshen up your home on a limited budget

Start from the ground up

Instead of spending thousands on flooring, leaving your sub-floors exposed can create a unique and rustic look for a fraction of the cost. Plywood, pine boards and OSB subflooring generally have an unfinished appearance. You'll just need to rent a sander to smooth out the wood, and then finish off the look by applying a few coats of varnish.

Everything but the kitchen sink

Installing a new kitchen countertop can really upgrade the look and feel of your kitchen, but can also break the bank. Instead, take the time to scour through home stores for discounted pieces of countertop that may have slight blemishes. These imperfections may be unnoticeable to guests, and can add character to your kitchen at a drastically lower cost.

Pack it in

Custom cabinets and built-in shelves can be useful storage solutions with a hefty price tag. Restoring discarded items from

restaurants or offices undergoing renovations can be cost-effective ways to set up storage in your home.

Go off the rails

Cable railings have become a hot commodity in homes, serving as both a fashionable and functional stairway feature. As an alternative, hiring a bike welder to build a similar metal railing to save thousands of dollars and create the same industrial feel.

On the cutting edge

Installing crown moulding can add an elegant border finish to any living room, but this often comes with a high price. Substitute expensive crown moulding with smaller pieces of panel moulding, then paint in between to create the illusion of one large piece of crown moulding.

Feel a glow

Up-lighting is a system used to bounce indirect light off the ceiling and then back down into the room, creating a pleasant and welcoming ambience. As these systems can be costly, re-using external gutters can be a cost-effective alternative. First pain the gutters then mount to your walls, then place in fluorescent lights to complete the up-lighting system.

DIY NETWORK CANADA OFFERS MORE TIPS FOR YOUR ENTIRE HOME, AND ALL IN ONE NIGHT WITH ALL NEW SEASONS OF HOUSE CRASHERS, KITCHEN CRASHERS, BATH CRASHERS AND YARD CRASHERS AIRING WEDNESDAYS AT 9 P.M. ET/PT BEGINNING AUG. 28 ON DIY NETWORK CANADA

This story sucks: See the art in vacuuming

Cleaning. Here are some tips on methods and machines to help make the chore less of a challenge

Is housekeeping drudgery? Not to us members of the unofficial "clean club."

You know if you belong: You enthusiastically discuss your favourite cleaning tools, staying loyal to equipment and techniques that have served you well over the years. You understand the difference between a crevice tool and an upholstery nozzle. Vacuuming? You see it as an art.

But what if you don't love to clean? Well, chances are you still need to suck it up.

Vacuuming how-to

Kit Selzer, senior editor at Better Homes & Gardens magazine, says you shouldn't begin cleaning by vacuuming.

"Vacuum after you've dusted. Pick up every possible thing from the floor, and move dining chairs and side tables out of the way so you have as much open space as possible," she says.

Professional house cleaners call this "top down cleaning" — you start at the top of the room, so particulates settle. Tackle ceiling corners, window treatments, furniture and finally the floors.

Selzer also suggests keeping the attachments — crevice tools and small brushes — handy as you get started.

"They're invaluable for getting dust, dirt and pet hair while you already have the vacuum out. Use the crevice tool in corners and along the baseboards, the upholstery brush on anything made of fabric and the dusting brush on blinds, books and lampshades," she advises.

Other tips:

- Small rugs act like mini mops, gathering up a lot of debris. Take them outdoors if possible for a good shake before vacuuming. If you can't do that, vacuum the rug thoroughly on both sides, roll it up and put it aside until the floor's been dealt with.
- For big rugs, the Dalton, Ga.-based Carpet and Rug Institute recommends slow, overlapping motions front to back. Start from the centre of the rug and move out to the edges to pre-



Rydis robot vacuum has several cleaning settings, including an option to schedule a clean while you are away and a room indicator system to custom design the vacuuming intensity in different parts of the room — under beds, on carpets, etc. THE ASSOCIATED PRESS / MONEUAL USA

Got pets?



Use crevice tools and upholstery nozzles to remove hair from tiny corners and baseboards as well as furniture. Vacuum throw pillows, mattresses and curtains weekly to remove pet dander and fur.

vent fraying. Don't go over one spot too many times; make three or four passes.

- Change the direction your vacuum passes frequently.
- For bare floors, use a good, soft brush to protect the floor. Brushes will harden over time and need to be replaced.
- Replace your machine when it no longer sucks like it used to. But make sure it's not just suffering from a clogged hose, filter or intake. Resist the fun of slurping up coins or small objects, as they can jam up the hose or, worse, the motor.
- Empty the canister or vacuum bag when it's a half to three-quarters full; don't wait until it's stuffed. By then, you haven't been sucking up anything, just dispersing dirt by moving the vacuum around.

Choose your weapon

There are two camps when it comes to regular vacuum models: uprights and canisters.

Canister fans tout the totability of a lightweight machine that can be easily carried up stairs and manoeuvred from room to room, and has a wand that gets under furniture. Upright lovers prefer

to push than pull; these models tend to glide easily across floors and carpeting, and the dirt receptacle generally has a larger capacity than can vacs.

Canister faves include Eureka's Mighty Mite, Miele's Olympus and Delphi models, the Bissell Zing and Panasonic's Opti Flow. Well-rated uprights include the Shark Navigator Elite, the Dyson DC41 Animal, Hoover Wind Tunnel, Miele Cat & Dog and Bissell Clean View.

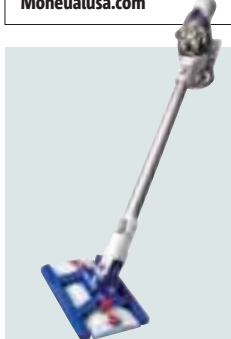
Oreck's line of uprights and canisters are light-weight and low-profile, with long-lasting belts and room-friendly bumpers and wheels.

Dyson's line is certified by the Asthma and Allergy Foundation of America. Its multi-floor model has a long, 16-foot cord and a large-capacity dust bin. All of Dyson's vacuums are bagless. The company recently introduced a cordless machine that's a kind of hybrid vacuum/Swiffer. The Dyson Hard has a double-edged cleaner head that sucks up dirt, and also has a wet wipe to remove dust and grime in one action.

Roomba is the market leader in robot vacuum cleaners,



Rydis robot vacuum from Moneualusa.com



Dyson's new Hard vacuum has a double-edged cleaner head that allows users to vacuum and wet mop at the same time.

those little round gadgets that clean on their own and have a rechargeable battery. Their top-end model has not one but two HEPA (high efficiency particulate air) filters. Moneual's Rydis robot cleaner has a lot of different cleaning modes and an optional microfibre mop attachment. Neato Robotics' XV Signature Pro creates a vertical map of the room before it gets to work. Just like us clean freaks. THE ASSOCIATED PRESS

August 22

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First things first for Knights

Road to the Memorial Cup. Plenty of hockey to be played and preparations to be made ahead of CHL championship tourney



DAVE LANGFORD
dave.langford@metronews.ca

The London Knights are already assured of being in the Memorial Cup next May.

And they don't have to go too far to play the games.

On May 16, 2014, London will be one of four teams in the tournament and all games will be played at Budweiser Gardens, home of the Knights.

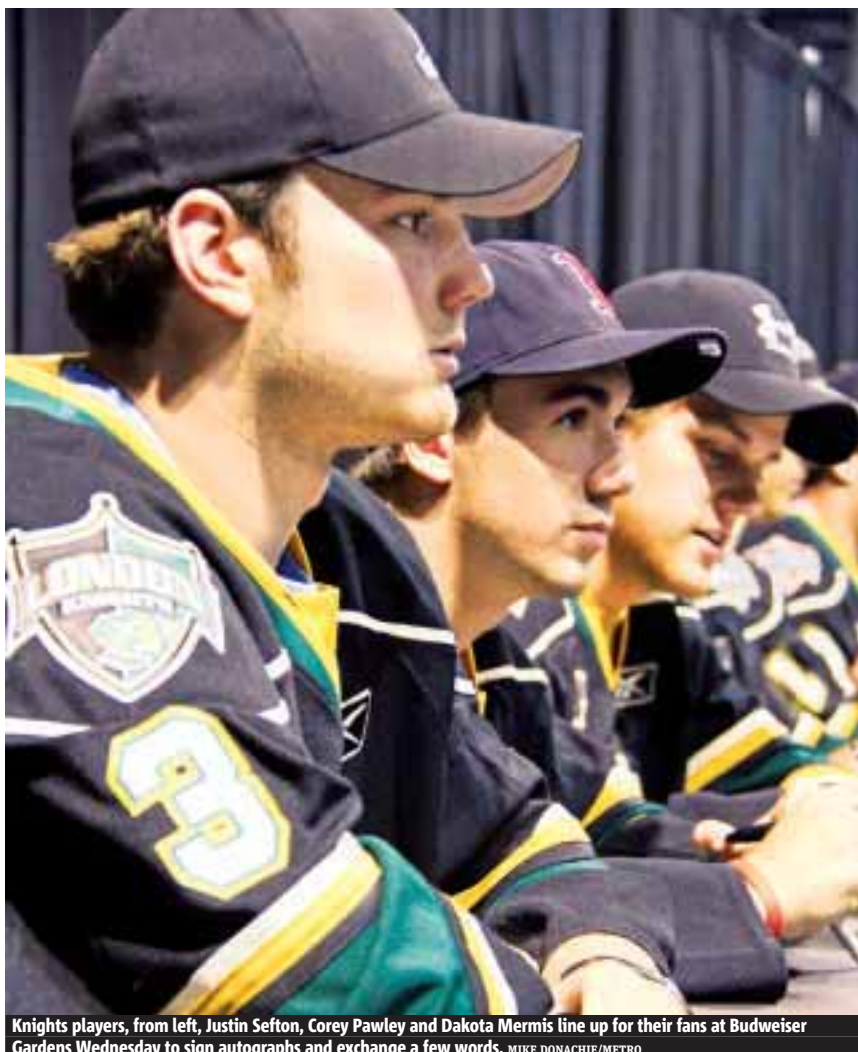
"Obviously we want the OHL title, but we want to win the Memorial Cup," Knights general manager, owner and general overseer Mark Hunter said Wednesday, taking a break from working on the family farm in the Petrolia area.

Hunter and his brother Dale have had a busier off-season than usual, just returning from the Ivan Hlinka hockey tournament in Europe where the pair served as general manager and coach. Canada claimed its sixth straight gold medal, winning the championship game 4-0 over the United States.

But now farming and summer coaching will come to an end with the 70 players invited to this year's Knights camp registering next Tuesday. Public scrimmages will be held Wednesday and Thursday at the Gardens and then the first exhibition game will take place at home Friday against the Sarnia Sting.

The Knights qualified for the past two Memorial Cups in Shawinigan, Que., and Saskatoon and have been assured of a spot this year as the host team.

Hunter said the Knights are in the process of putting together an off-ice team, including volunteers, to handle



Knights players, from left, Justin Sefton, Corey Pawley and Dakota Mermis line up for their fans at Budweiser Gardens Wednesday to sign autographs and exchange a few words. MIKE DONACHIE/METRO

Memorial Cup preparations. That team will work closely

with Hunter, team governor Trevor Whiffen and Bud Gardens boss Brian Ohl.

Hunter said more tournament announcements will be rolled out in October.

While many, including team officials, were surprised to make it to

Shawinigan — let alone almost win the tournament, losing in overtime in the championship game — most believed the Knights had a good chance last season, when they lost in the semifinal.

This year is a completely different story, however.

The Knights are loaded

and continue to stock up on first-line talent in case forwards Max Domi (Phoenix), Bo Horvat (Vancouver) and Alex Broadhurst (Chicago) and defenceman Olli Maatta (Pittsburgh) make the NHL rosters of the teams that drafted them, leaving London somewhat shorthanded.

But first things first.

There is training camp, exhibition games, player cuts and the regular season to be played.

And then the cup!



MLB

Cabrera continues to play through pain

Miguel Cabrera feels healthy enough to stay in the lineup, giving the Detroit Tigers a big sense of relief.

Cabrera batted third in the Tigers lineup and played his usual spot at third base Wednesday night against the Minnesota Twins.

Cabrera aggravated a strain in his groin, abdominal and hip area when he swung and missed on a pitch Tuesday night. He walked off the field gingerly after his game-ending strikeout in a 6-3 loss to Minnesota.

The reigning Triple Crown winner has been playing through a series of injuries lately, including a banged-up left knee and shin. **THE ASSOCIATED PRESS**

Drug testing

Jamaica must respond to claims, says WADA chief

The director general of the World Anti-Doping Agency says Jamaican officials must respond to allegations that their drug-testing procedures are deficient.

Writing this week in

Sports Illustrated, the former executive director of the Jamaica Anti-Doping Commission said the commission had numerous "troubling" problems during her tenure.

Renee Anne Shirley says just one out-of-competition test was done between February 2012 and the start of the London Olympics five months later.

THE ASSOCIATED PRESS

Hockey is back

Thursday. Annual awards banquet where players will receive their OHL championship rings from last season (Budweiser Gardens event not open to public).

Tuesday. Training camp opens with 70 players registering.

Aug. 28. Scrimmages open to the public. Enter through Gate 4 off Dundas Street. Rosters will be provided.

• **8-9:30 a.m.:** Team Perry (Green) vs. Team Nash (Black).

• **9:45-11:15 a.m.:** Team Kane (Gold) vs. Team Tavares (White).

• **1-2:30 p.m.:** Team Perry (Green) vs. Team Kane (Gold)

• **2:44-4:15 p.m.:** Team Nash (Black) vs. Team Tavares (White).

Aug. 29. Scrimmages open to the public.

• **9:30-11 a.m.:** Team Perry (Green) vs. Team Nash (Black) — selected players only.

Aug. 30. Exhibition game — Sarnia Sting at London Knights, Budweiser Gardens, 7:30 p.m.

Aug. 31. Exhibition game — London Knights at Sarnia Sting, RBC Theatre, 7:05 p.m.

Sept. 13. Exhibition game — Plymouth Whalers at London Knights, Budweiser Gardens, 7:30 p.m.

Sept. 14: Exhibition game — London Knights vs. Plymouth Whalers, Timken Community Centre, St. Thomas, 7 p.m.

Sept. 20. Regular-season opener — Plymouth Whalers at London Knights, Budweiser Gardens, 7:30 p.m.

May 16-25, 2014. Memorial Cup. All games at Budweiser Gardens.

London calling



"It's my homeland, and if they say, 'We need your help,' I'm going to consider that."

John Herdman says he's happy as head coach of the Canadian women's soccer team, but he would listen if approached about taking the vacant England job.

Horoscopes

Aries

March 21 - April 20

You don't usually pay much attention to details but you will need to as of today. The Sun's change of sign warns it may be costly if you don't. Whatever you are working on, get the small stuff right first.

Taurus

April 21 - May 21

A dynamic phase begins for you today and you must take full advantage of it. Don't be suspicious if people you hardly know praise you to the skies and offer to do you favours.

Gemini

May 22 - June 21

It may be a pain having to explain yourself every step of the way but it will be worth it in the long-term. The planets make it easy to get close to people who mean a lot to you.

Cancer

June 22 - July 23

Social activities are high on your agenda now and you must make time to have fun, no matter how much work you have got lined up. Don't worry too much about "serious" issues — they're really not that serious at all.

Leo

July 24 - Aug. 23

The Sun leaves your birth sign today but you must not slow down or set your sights any lower. The next few weeks will bring new financial opportunities, be ready to act decisively.

Virgo

Aug. 24 - Sept. 23

The Sun moves into your birth sign today and a new solar year gets under way, but don't think you have to start at a mad rush and try to get everything done at once.

Libra

Sept. 24 - Oct. 23

You have not seen as much of a friend as you would have liked but your paths are destined to cross again over the next few weeks. Why not give them a call and reconnect today?

Scorpio

Oct. 24 - Nov. 22

If you need to talk to an authority figure, approach them today while you feel super confident. The planets indicate they will listen to what you have to say and act in your favour.

Sagittarius

Nov. 23 - Dec. 21

As the Sun crosses the career angle of your chart today, you must be more ambitious. The next few weeks will be crucial for those Sags who want to get on in the world. Success is closer now than ever before.

Capricorn

Dec. 22 - Jan. 20

As the Sun moves in your favour today, you won't be in the least bit fazed by the challenges that fate throws at you. On the contrary, you can't wait to get stuck into them, such is your supreme self-belief.

Aquarius

Jan. 21 - Feb. 19

There is nothing to fear but fear itself. With the Sun moving into one of the more sensitive areas of your chart you may need to repeat that mantra at regular intervals. Try not to worry.

Pisces

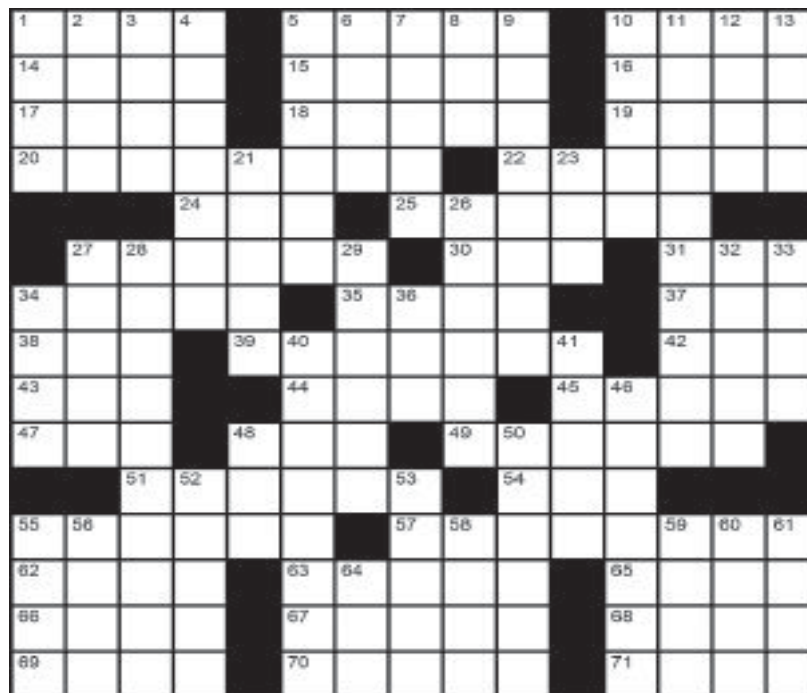
Feb. 20 - March 20

Cosmic activity in your opposite sign of Virgo means you are will clash with someone over the next few days. Just because you see life from different angles does not mean you cannot get along. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. ___ Kong
5. Not qualified
10. Some aircrafts
14. Downright nasty
15. ___ prosecu (Not proceeding, in law)
16. Czech river
17. Ms. Dunham of HBO's "Girls"
18. Fancy instrument
19. City's air pollution
20. Provincial leaders
22. False
24. 'Pepper' add-on (Pizza topping)
25. NYC's ___ Island
27. Regatta crafts
30. Humour style
31. Disney song: "Zip-a-Dee-Doo-"
34. ___ and fauna
35. "Not on ___!" = "No way!"
37. Rambo por-trayer, to pals
38. Pants split
39. Saskatchewan's provincial fish
42. Pourboire
43. Gremlin
44. Fool
45. "I Started ___" by The Bee Gees
47. Last letter, USA-style
48. Inclined
49. Hamilton-born



star Mr. Levy

51. House painter's tool
54. Apiece
55. Steamed in corn husks dish
57. Guess Who's "___ Woman"
62. Drop
63. Reserved
65. Detective's find
66. Voice character-

istic

67. Nymph of Greek mythology
68. Answer-needer's aid
69. Barely manages, ___ out
70. Bird-created structures
71. Chooses

Down

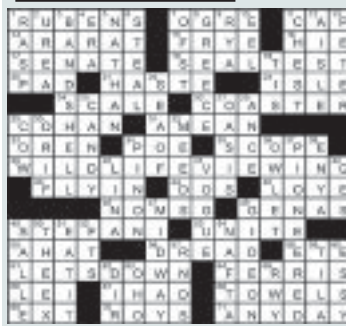
1. Self-___ book
2. Finito
3. "The Whole ___ Yards" (2000)
4. Fashion magazine
5. Reveal, as a portrait painting
6. Pinot ___ (Wine variety)
7. Dental string
8. Misguided =

___conceived

9. "Heaven Coming Down" band from Windsor, The ___
10. Canadian figure skating great Ms. Chouinard
11. New Brunswick city
12. Step heavily
13. Palm starch
21. Relative by mar-

- riage
23. Pig's pen
26. Pluck eyebrows
27. Mucky matter
28. It flows in NWT and Nunavut, ___ River
29. Military greet-ing
32. Similar
33. Ballyhoo
34. Animator Mr. Freleng
36. Deli request
40. Singing sisters from Canada, Natalie or Nicole
41. Enthusiastic
46. Wrestler/rock-er from Winnipeg, Chris ___
48. "Never Ever" by ___ Saints (Group #40-Down were in)
50. Overtuns
52. Hall & ___
53. Does garden work
55. Carry
56. "Star Trek" episode, ___ Time
58. Vegan's taboo
59. Cut short
60. Uncle's wife
61. Profits
64. "___ you kidding?"

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

25°/14°

Thunderstorms

40%

Friday

24°/11°

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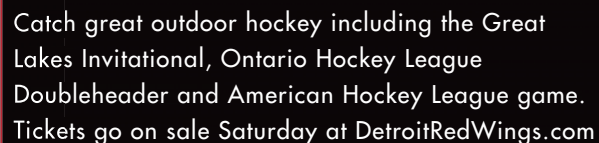


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